



FLORENCE MELLY COMMUNITY PRIMARY SCHOOL

YEAR 5 RSHE CURRICULUM OVERVIEW

IF YOU CAN DREAM IT, YOU CAN DO IT!



Year 5 Relationship, Sex and Health Education Programme Overview

Broad Topics		Key Vocabulary	Topic overview		
Healthy and Happy Friendships	Identity and peer pressure off- and online. Positive emotional health and wellbeing.	identity, stereotypes, prejudice, peer pressure, choice, emotions, wellbeing, emotional health, mental health, stress, anxiety	Identity - exploring healthy and happy friendships. Pupils are helped to understand what we mean by 'identity' and how we use it to define us. Pupils also explore the feelings around our own identity.	Peer pressure - exploring healthy and happy friendships. Pupils are helped to understand peer pressure, and how to make informed choices to resist such pressure, even if it comes from friends.	Emotional health and wellbeing - exploring healthy and happy friendships. Pupils are taught the importance of good emotional health and wellbeing, and where to go for further support if they need help, or to talk about looking after their emotional health.
Similarities and Differences	Celebrating strengths, setting goals and keeping ourselves safe online.	strength, weakness, proud, abilities, goals, aspirations, achievement, future, vision, online, social media, profile, safety	Strengths and abilities - enables pupils to understand that we all have strengths and weaknesses, and that we should celebrate our individual strengths and talent.	Setting goals - enables pupils to articulate future goals and understand that in order to achieve these they must consider what it is they set out to achieve and what they may need to do to succeed.	Online safety - focuses on benefits of the internet and develops awareness of ways in which pupils can assess and manage risks and ways to keep safe when they are online.
Caring and Responsibility	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.	care needs, caring, alone, loneliness, lonely, isolation, isolated, volunteer, volunteering, community, involvement	Changing needs - ways of and reasons for caring. Pupils focus on care needs, and how these change during our lives.	Feeling lonely - exploring ways of and reasons for caring. Pupils examine care needs as we grow older, by developing pupils' awareness of the impact of loneliness and isolation.	Why volunteer? - exploring ways of and reasons for caring. Pupils explore ways to get involved in the community and the benefits this can offer.
Families and Committed Relationships	The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.	relationships, healthy, diversity, commitment	Values of healthy relationships - exploring healthy, committed relationships and what they look like. Pupils examine the values that make a relationship healthy and how to identify characteristics of a potentially unsafe relationship.	Diversity in relationships - exploring healthy, committed relationships and what they look like. Pupils examine the diverse relationships within a community, teaching pupils to respect all relationships, even when they look different to their own.	It's all about commitment - exploring healthy, committed relationships and what they look like. Pupils investigate what commitment to a relationship means and the characteristics of a committed relationship, and it enables pupils to reflect on the relationships they see around them.
Healthy Bodies, Healthy Minds	Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	self-image, self-respect, attributes, self-talk, development, proud, drugs, alcohol, tobacco, cigarettes, e-cigarettes, vaping, caffeine, substances, legal, illegal, effects, bacteria, virus, infection, immunisation, vaccination, antibiotic	Valuing ourselves - exploring ways to maintain physical and mental health and wellbeing. Pupils focus on self-image and the importance of valuing our own bodies and minds in order to maintain positive mental health.	Alcohol, tobacco and drugs - exploring ways we can maintain physical and mental health and wellbeing. Pupils focus on raising awareness and knowledge of facts about alcohol, tobacco and drugs.	Keeping well - exploring ways we can maintain physical and mental health and wellbeing. Pupils focus on ways of keeping our bodies well and free from disease through vaccination and immunisation.
Coping with Change	How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.	hormones, menstruation, periods, sperm, eggs, ovaries, testicles, vagina, penis, puberty, emotions, hormones, changes, feelings, support, control	Puberty - exploring the different changes that take place during puberty and how to manage them well. Pupils focus on the different changes in more depth than they did in Year 4.	Puberty and emotions - exploring the different changes that take place during puberty and how to manage them well. Pupils focus on the range of emotional changes we may experience during puberty and ways we can identify and respond to these.	Emotional changes: managing well - exploring the different changes that take place during puberty and how to manage them well. Pupils focus on the emotions we experience during puberty and into early adulthood, and ways to manage and support others in managing these.